

Breakfast | Lunch | Dinner | Side

# Sweet Sautéed Apples

**5 Mins**  
Prep Time

**15 Mins**  
Cook Time


**8**  
Servings

 **54 Calories** **2g Fat** **9g Carbs** **0g Protein**



## Ingredients

 **8 Servings**  **20 Mins Total Time**  **Allergens: Dairy**

**2 Large Apples**, thinly sliced 

**1 Tbsp** Extra Virgin Olive Oil

**½ Tbsp** Butter

**1 Tsp** Cinnamon, use less if suffer from frequent heartburn 

**⅛ Tsp** Salt\*

*\*Monitor salt intake per doctor's recommendations*

**2 Tsp** Brown Sugar

**2 Tbsp** Water

### Allergen Swap

**Dairy** Omit the butter

### Nourishment Note



#### **Apples**

Apples are filled with antioxidants which may help protect the lungs from oxidative damage.



#### **Cinnamon**

Cinnamon is a powerhouse spice full of antioxidants, types of nutrients that help protect cells from becoming damaged. Cinnamon may also help with blood sugar control and reduce the risk of heart disease.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Heat Butter & Oil in Skillet

Over medium-high heat, melt butter and olive oil in a large skillet.

### 3. Add Apples & Spices to Skillet

Add sliced apples, cinnamon, salt, and brown sugar to the skillet. Cook for about 10 minutes stirring occasionally.

### 4. Add Water & Reduce Heat

Add the water to the skillet and gently mix to combine. Reduce heat to low. Cook until apples are slightly soft.

### 5. Serve & Enjoy

Serve warm.

### 6. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy  
Registered Dietitian

## What You'll Need



Large Skillet



Cutting Board



Knife



Wooden Spoon



Measuring Spoons

### Fatigue Buster

- Use pre-sliced apples instead of chopping your own, or use an apple slicer.
- Make a large batch when energy levels are high and reheat throughout the week.